



ANXIOUS

for nothing

Anxious for Nothing

Week Three - "The Other Side"

Philippians 4:5-9 and Ecclesiastes 4:9-11

Bottom line: Some kinds of help aren't helpful - don't dismiss, cheerlead, or enable avoidance. Just show up and keep showing up.

1. If you've ever struggled with anxiety, what is the most helpful thing someone else ever did for you? What do you wish other people understood about your anxiety?
2. What experiences have you had struggling to understand someone else's anxiety? Why do you think you struggled?
3. When it comes to the "Three Don'ts" of helping someone manage their anxiety, which one are you most likely to do (i.e. dismiss, cheerlead, enable avoidance)?
4. Paul says we should carry each other's burdens. How do his clarifications of patience and encouragement help us understand what that means? Or to say it differently, what's the difference between carrying each other's burdens and trying to fix each other?
5. Read Ecclesiastes 4:9-11.
 - a. What other practical examples can you think of where two people are better than one?
 - b. How can you show up for people this week in a way that may look different than it has before?
6. Read Philippians 4:5-9 again. What part of Paul's encouragement do you need to hold onto most right now?